

## Relapse Prevention Therapy

Benefit-cost estimates updated July 2015. Literature review updated May 2014.

Current estimates replace old estimates. Numbers will change over time as a result of model inputs and monetization methods.

The WSIPP benefit-cost analysis examines, on an apples-to-apples basis, the monetary value of programs or policies to determine whether the benefits from the program exceed its costs. WSIPP's research approach to identifying evidence-based programs and policies has three main steps. First, we determine "what works" (and what does not work) to improve outcomes using a statistical technique called meta-analysis. Second, we calculate whether the benefits of a program exceed its costs. Third, we estimate the risk of investing in a program by testing the sensitivity of our results. For more detail on our methods, see our [technical documentation](#).

**Program Description:** This intervention, developed by Marlatt & Gordon, uses a cognitive-behavioral approach to help patients anticipate problems and identify strategies to avoid using alcohol and drugs.

### Benefit-Cost Summary

| Program benefits    |         | Summary statistics                          |             |
|---------------------|---------|---|-------------|
| Participants        | \$3,363 | Benefit to cost ratio                       | \$27,919.36 |
| Taxpayers           | \$1,587 | Benefits minus costs                        | \$5,600     |
| Other (1)           | \$290   | Probability of a positive net present value | 58 %        |
| Other (2)           | \$359   |   |             |
| Total               | \$5,600 |   |             |
| Costs               | \$0     |   |             |
| Benefits minus cost | \$5,600 |   |             |

The estimates shown are present value, life cycle benefits and costs. All dollars are expressed in the base year chosen for this analysis (2014). The economic discount rates and other relevant parameters are described in our [technical documentation](#).

### Detailed Monetary Benefit Estimates

| Source of benefits                               | Benefits to  |           |           |           | Total benefits |
|--|--------------|-----------|-----------|-----------|----------------|
|  | Participants | Taxpayers | Other (1) | Other (2) |                |
| From primary participant                         |              |           |           |           |                |
| Crime  | \$0          | \$53      | \$175     | \$26      | \$254          |
| Labor market earnings (alcohol abuse/dependence) | \$3,336      | \$1,423   | \$0       | \$277     | \$5,036        |
| Property loss (alcohol abuse/dependence)         | \$8          | \$0       | \$16      | \$0       | \$24           |
| Health care (illicit drug abuse/dependence)      | \$19         | \$111     | \$100     | \$56      | \$286          |
| Adjustment for deadweight cost of program        | \$0          | \$0       | \$0       | \$0       | \$0            |
| Totals   | \$3,363      | \$1,587   | \$290     | \$359     | \$5,600        |

We created the two "other" categories to report results that do not fit neatly in the "participant" or "taxpayer" perspectives. In the "Other (1)" category we include the benefits of reductions in crime victimization, the economic spillover benefits of improvement in human capital outcomes, and the benefits from private or employer-paid health insurance. In the "Other (2)" category we include estimates of the net changes in the value of a statistical life and net changes in the deadweight costs of taxation.

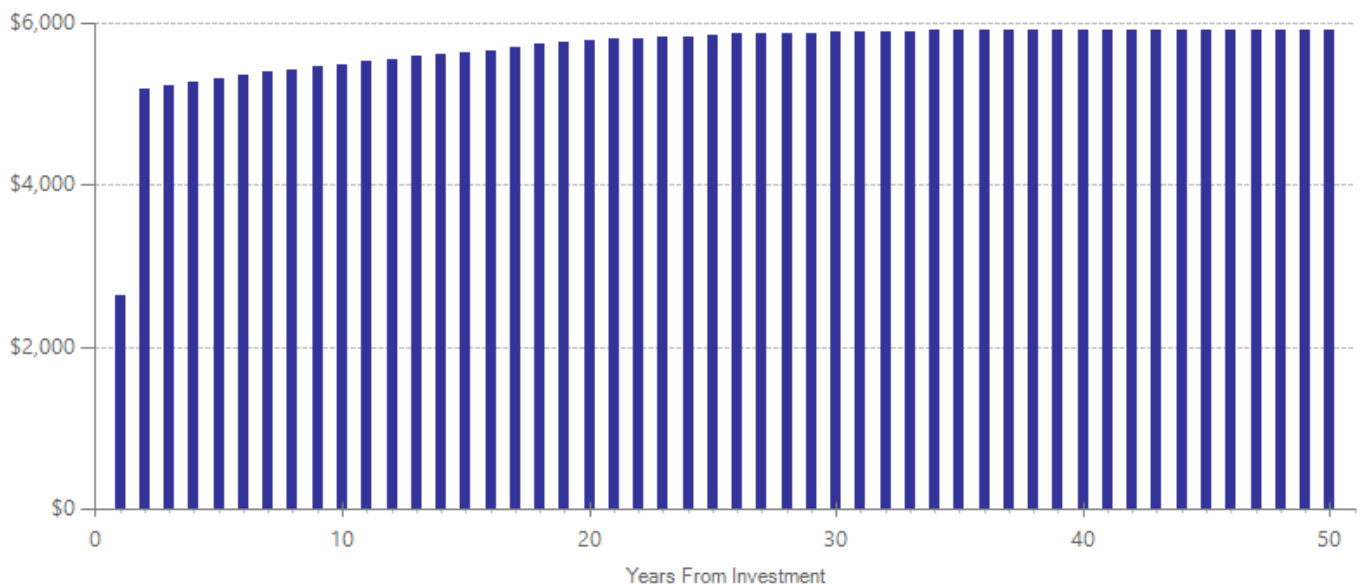
## Detailed Cost Estimates

|                  | Annual cost | Program duration | Year dollars | Summary statistics                                   |      |
|------------------|-------------|------------------|--------------|--|------|
| Program costs    | \$1,050     | 1                | 2014         | Present value of net program costs (in 2014 dollars) | \$0  |
| Comparison costs | \$1,050     | 1                | 2014         | Uncertainty (+ or - %)                               | 15 % |

This is the weighted average cost of interventions reviewed for this meta-analysis, based on hours of individual and group counseling, reimbursed at Washington's 2014 Medicaid rates.

The figures shown are estimates of the costs to implement programs in Washington. The comparison group costs reflect either no treatment or treatment as usual, depending on how effect sizes were calculated in the meta analysis. The uncertainty range is used in Monte Carlo risk analysis, described in our [technical documentation](#).

### Cumulative Net Cash Flows Over Time (Non-Discounted Dollars)



## Meta-Analysis of Program Effects

| Outcomes measured                | Primary or secondary participant | No. of effect sizes | Treatment N | Unadjusted effect size (random effects model) |         | Adjusted effect sizes and standard errors used in the benefit-cost analysis |       |     |                             |       |     |
|----------------------------------|----------------------------------|---------------------|-------------|---|---------|---|-------|-----|-----------------------------|-------|-----|
|                                  |                                  |                     |             | ES  | p-value | First time ES is estimated  |       |     | Second time ES is estimated |       |     |
|                                  |                                  |                     |             |   |         | ES  | SE    | Age | ES                          | SE    | Age |
| Alcohol abuse or dependence      | Primary                          | 4                   | 156         | -0.234  | 0.123   | -0.234  | 0.153 | 41  | -0.003                      | 0.178 | 42  |
| Illicit drug abuse or dependence | Primary                          | 3                   | 118         | -0.217  | 0.451   | -0.217  | 0.287 | 41  | -0.003                      | 0.178 | 42  |

## Citations Used in the Meta-Analysis

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- O'Connell, J.M. (1987). *Effectiveness of an alcohol relapse prevention program*. (Doctoral dissertation, Fordham University, 1987, UMI No. 8725685).

Wells, E.A., Peterson, P.L., Gainey, R.R., Hawkins, J.D. & Catalano, R.F. (1994). Outpatient treatment for cocaine abuse: A controlled comparison of relapse prevention and twelve-step approaches. *American Journal of Drug and Alcohol Abuse*, 20(1), 1-17.

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